

Summer classes



Classes are from July 10 - September 3
(8 weeks unless otherwise noted)

preschool • kids

Preschool Karate

Learn the basics of karate including basic body movement and placement, as well as timing. Parent participation is encouraged.

Instructor: Jessica Hickman

Session Fee: \$25 Resident
\$30 Non-Resident

Ages: 3-5

Youth Center
#0030.381 Thurs 3:15 - 4:00 pm

Parkway
#0030.361 Tues 3:15 - 4:00 pm

Instructor: Gary Amen
Fee: \$31 Resident
\$38 Non-Resident

Ages: 3-5

Beginning Otay
#0030.342 Thurs 3:00 - 3:45 pm

Veterans
#0030.311 Thurs 4:15 - 5:00 pm

Veterans
#0030.312 Sat 11:00 - 11:30 am

Loma Verde
#0030.321 Wed 3:30 - 4:15 pm

Monteville
#0030.350 Mon 3:00 - 3:45 pm

Monteville
#0030.351 Tues 3:00 - 3:45 pm

Intermediate Otay

#0030.344 Tues 3:00 - 3:45 pm

Loma Verde
#0030.322 Wed 4:20 - 4:50 pm

Mom (or Dad) and Me

The primary goal of this class is to develop socialization skills through exposure to other children. The activities will be geared toward interaction between parent and child. Parents will also find this class to be a valuable way to share their child-rearing experiences with other parents.

Instructor: Roxanne Knight

Fee: \$36 Resident
\$44 Non-Resident

Ages: 18 months - 3 years

Parkway
#0001.361 Mon 10:00 - 11:00 am

Bumble Bee Sports

The 9-week Bumble Bee Sports program is designed to provide an introduction to sports and motor-skills development for little athletes. Includes T-shirt, sports photo, and award. Parents are encouraged to attend.

Instructor: Staff

Fee: \$85 Resident
\$105 Non-Resident

Ages: 2-3

T-Ball /Soccer Otay
#0150.341 Thurs 4:00 - 4:45 pm
Fri games 4:00 - 4:45 pm

T-Ball /Soccer Otay
#0150.342 Tues 11:00 - 11:45 am
Thu games 11:00 - 11:45 am

Soccer/Basketball Heritage
#0150.301 Fri 3:30 - 4:15 pm
Sat games 10:00 - 10:45 am

Ages: 4-5

T-Ball /Soccer Otay
#0150.343 Thurs 5:00 - 5:45 pm
Fri games 5:00 - 5:45 pm

Soccer/Basketball Heritage
#0150.302 Fri 4:30 - 5:15 pm
Sat games 11:00 - 11:45 am

Me, You, and Fun Too!

You and your child will enjoy quality bonding time enjoying arts and crafts, storytelling, circle time, music and movement, and more.

Instructor: Staff

Fee: \$37 Resident
\$45 Non-Resident

Ages: 18 months - 3 years

Otay
#0280.341 Tues 4:00 - 5:00 pm

Otay
#0280.342 Thurs 12:00 - 1:00 pm

Tiny Tots

This program is designed to provide stimulating and enjoyable experiences for youngsters during their first step away from home. We recommend that children who are registered for four days try classes at each center to get exposure to more than one instructor. Parents provide daily snacks. All participants must be completely potty trained. Proof of age is required at the first class meeting.

Instructor: D. Sakamoto (PW), I. Pike (V)
M. Campos (LV), Sullivan-Rupic (M),
J. Nucup (SC)

Fee: \$88 Resident
\$110 Non-Resident

Ages: 3-5

Parkway (8 weeks)
#0090.361 Tues, Thurs 9:00 - 11:50 am

Parkway (8 weeks)
#0090.363 Wed, Fri 9:00 - 11:50 am

Monteville (8 weeks)
#0090.350 Tues, Thurs 9:00 - 11:50 am

Monteville (8 weeks)
#0090.351 Wed, Fri 9:00 - 11:50 am

Salt Creek (8 weeks)
#0090.333 Tues, Thurs 9:00 - 11:50 am

Salt Creek (8 weeks)
#0090.334 Wed, Fri 9:00 - 11:50 am

Loma Verde (8 weeks)
#0090.322 Tue, Thurs 9:00 - 11:50 am

Loma Verde (8 weeks)
#0090.324 Wed, Fri 9:00 - 11:50 am

Fee: \$110 Resident
\$138 Non-Resident

Ages: 3-5

Veterans (10 weeks)
#0090.311 Tues, Thurs 9:00 - 11:50 am

Veterans (10 weeks)
#0090.312 Wed, Fri 9:00 - 11:50 am

Tot Fun Hour

Join us for an hour of reading, dancing, singing, crafts, and more. Themes include, Dr. Seuss, Berenstain Bears, fairy tales, and rhymes. Your child will learn ABCs, numbers, social skills and motor skills.

Instructor: Staff
Fee: \$40 Resident
\$49 Non-Resident

Ages: 4-5

Heritage 5 week class
#0030.301 Tues, Thurs 11:00 am - 12:00 pm

Summer classes



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Little Hands

You and your child will love spending time exploring, creating, and making messes in this fun and stimulating class. Children create a variety of projects. Expect a mess! Class requires parent participation. Materials are included.

Instructor: Staff
Fee: \$29 Resident
\$35 Non-Resident

Ages: 18 months - 3 years

Heritage
#0020.301 Thurs 9:45 - 10:15 am
Veterans
#0020.311 Mon 10:00 - 10:30 am
Veterans
#0020.312 Wed 3:30 - 4:00 pm

Ages: 3-5

Heritage
#0025.301 Thurs 9:00 - 9:30 am
Veterans
#0025.311 Mon 10:45 - 11:15 am

Apples to Zebras

Make learning the ABCs fun through games, songs, and arts and crafts. Each child will have an alphabet book to take home.

Instructor: Staff
Fee: \$53 Resident
\$65 Non-Resident

Ages: 3-5

Otay
#0240.341 Mon, Wed 11:15 am - 12:00 pm
Loma Verde
#0240.321 Tue, Thurs 1:15 - 2:00 pm

Learn and Play

Designed for children with more than one interest. Includes arts and crafts, music and movement, language and number development, and sports clinics. Each week your child will bring home an item showing their accomplishments. Parent participation encouraged.

Instructor: Staff
Fee: \$73 Resident
\$91 Non-Resident

Ages: 3-5

Otay
#0230.341 Tue, Thurs 9:15 - 10:45 am

Little Sport Stars

Boys and girls will learn how to play popular sports their favorite stars play, including soccer, baseball, football, and more. Sign up early-space is limited!

Instructor: Staff
Fee: \$30 Resident
\$38 Non-Resident

Ages: 3-5

Chula Vista Youth Center
#0220.381 Wed 3:15 - 4:00 pm

Ages: 5-7

Chula Vista Youth Center
#0220.382 Wed 4:15 - 5:00 pm
Loma Verde
#0220.321 Thurs 4:30 - 5:15 pm

Wiggly Worms

Let's play together! We'll sing, dance, and shout to try to get our wiggles out. We will have games, obstacle courses, plus music and movement activities. Develop both physical and social skills while having a great time.

Instructor: Staff
Fee: \$41 Resident
\$50 Non-Resident

Ages: 18 months - 3 years

Otay
#0210.341 Tues 12:00 - 12:45 pm
Veterans
#0210.311 Tues 11:30 am - 12:15 pm

Mighty Tykes

Become a mighty tyke and burn lots of energy through interactive games and fun movement activities. While having fun, Preschoolers will learn social and physical skills, while working on gross motor skills such as running and jumping.

Instructor: Staff
Fee: \$41 Resident
\$50 Non-Resident

Ages: 3-5

Otay
#0220.341 Mon 4:15 - 5:00 pm
Veterans
#0220.311 Tue 11:30 am - 12:15 pm

Preschool Hip Hop

This class is designed for the little dancers who want to have fun learning the basic hip hop moves.

Instructor: C. Perez and Staff
Fee: \$25 Resident
\$30 Non-Resident

Ages: 3-5

Otay
#0200.341 Mon 6:15 - 6:45 pm
Otay
#0200.342 Wed 4:00 - 4:30 pm
Loma Verde
#0200.321 Sat 9:30 - 10:00 am
Heritage
#0200.301 Fri 5:15 - 5:45 pm
Monteville
#0200.350 Thurs 4:30 - 5:00 pm
Parkway
#0200.361 Thurs 4:30 - 5:00 pm
Salt Creek
#0200.333 Tues 5:30 - 6:00 pm

Kreative Wonders

This class builds children's perceptual and locomotor skills, and self-esteem. 5-week session.

Instructor: C. Paseman
Fee: \$30 Resident
\$37 Non-Resident

Ages: 18 months - 5 years

Toddler Gym

(w/adult) 18 months - 2-1/2 years

Heritage
#0050.301 Wed 9:00 - 9:40 am
Heritage
#0050.302 Fri 9:00 - 9:40 am
Heritage
#0050.303 Fri 9:45 - 10:25 am
Heritage
#0050.304 Sat 9:00 - 9:40 am
Salt Creek
#0050.331 Tues 9:00 - 9:40 am

Kinder Gym

(w/adult) 2-1/2 years - 3-1/2 years

Heritage
#0055.301 Wed 9:45 - 10:25 am
Heritage
#0055.302 Fri 10:30 - 11:10 am



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- #0055.303** **Heritage**
Sat 9:45 - 10:25 am
- #0055.331** **Salt Creek**
Tue 9:45 - 10:25 am
- Kinder Gym 2**
3-1/2 - 5 years
- #0060.301** **Heritage**
Wed 10:30 - 11:10 am
- #0060.302** **Heritage**
Sat 10:30 - 11:10 am
- #0060.331** **Salt Creek**
Tue 10:30 - 11:10 am

Preschool Belly Dancing

Students will learn basic belly dancing movements, as well as dancing with veils to prepare for student performance. Hip scarf's and veils are required by second class.

Instructor: C. Martinez
Fee: \$44 Resident
\$55 Non-Resident

Ages: 3-5

- #0180.321** **Loma Verde**
Wed 3:30 - 4:00 pm

Preschool Ballet Folklórico

This fun and festive class teaches the basics of graceful and exciting Folklórico dance.

Instructor: M. Sanchez
Fee: \$25 Resident
\$30 Non-Resident

Ages: 1-5

- #0210.311** **Veterans**
Wed 4:15 - 4:45 pm
- #0210.321** **Loma Verde**
Thurs 4:15 - 4:45 pm
- #0210.350** **Monteville**
Tue 4:00 - 4:45 pm
- #0210.351** **Monteville**
Thurs 5:00 - 5:45 pm
- #0210.335** **Salt Creek**
Thurs 3:20 - 3:50 pm

Preschool Latin Dance

The music alone will make your kids want to tap their toes. Beginning students learn the basics of Latin dances in an exciting atmosphere.

Instructor: M. Sanchez
Fee: \$25 Resident
\$30 Non-Resident

Ages: 1-5

- #0210.325** **Loma Verde**
Tue 5:15 - 5:45 pm
- #0210.333** **Salt Creek**
Tue 3:30 - 3:50 pm

Preschool Traditional Dance Folklórico Mexicano

Fun and festive basic recreational instruction in various regional dances. Emphasis is on developing rhythm and motor skills.

Instructor: Y. Chacón-Benitez
Fee: \$25 Resident
\$30 Non-Resident

Ages: 3-5

- #0140.362** **Parkway**
Sat 9:30 - 10:00 am

Preschool Jazz Dance

Students will learn Jazz dance techniques; stretching, center, across-the-floor, turns, and combinations set to contemporary Jazz music.

Instructor: C. Perez and Staff
Fee: \$36 Resident
\$45 Non-Resident

Ages: 3-5

- #0180.333** **Salt Creek**
Fri 4:00 - 4:30 pm

Preschool Ballet and Tap

Learn elementary techniques of ballet and tap to help develop motor learning skills, with increased emphasis on creative movement combined with imagination and FUN! This course also covers routines, rhythm, coordination, and stretching.

Instructor: C. Perez and Staff
Fee: \$25 Resident
\$30 Non-Resident

Ages: 2-6

- #0120.341** **Otay**
Wed 4:30 - 5:00 pm

- #0120.350** **Monteville**
Wed 4:00 - 4:30 pm

Ages: 3-5

- #0110.388** **Chula Vista Youth Center**
Sat 12:30 - 1:00 pm
- #0110.363** **Parkway**
Tue 4:00 - 4:30 pm
- #0110.321** **Loma Verde**
Mon 4:15 - 4:45 pm
- #0110.311** **Veterans**
Mon 5:00 - 5:30 pm

Preschool Ballet

First position, second position and FUN! Learn simple ballet techniques and terminology. Emphasis on basic motor skills, creative movement, and imagination.

Instructor: C. Perez and Staff
Fee: \$25 Resident
\$30 Non-Resident

Ages: 3-5

- #0110.361** **Parkway (new students)**
Mon 3:30 - 4:00 pm
- #0110.362** **Parkway (returning students)**
Mon 4:00 - 4:30 pm
- #0110.301** **Heritage (new students)**
Thurs 5:00 - 5:30 pm
- #0110.302** **Heritage (returning students)**
Thurs 5:30 - 6:00 pm
- #0110.303** **Heritage (new students)**
Fri 4:15 - 4:45 pm
- #0110.304** **Heritage (returning students)**
Fri 5:45 - 6:15 pm
- #0110.326** **Loma Verde (new students)**
Fri 4:00 - 4:30 pm
- #0110.327** **Loma Verde (returning students)**
Fri 4:30 - 5:00 pm
- #0110.344** **Otay**
Wed 5:00 - 5:30 pm
- #0110.385** **Chula Vista Youth Center**
Thurs 4:00 - 4:30 pm
- #0110.350** **Monteville (new students)**
Mon 3:00 - 3:30 pm
- #0110.351** **Monteville (returning students)**
Mon 3:30 - 4:00 pm
- #0110.333** **Salt Creek**
Tue 5:00 - 5:30 pm

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Preschool Tap Dance

This class offers heel and toe-tapping fun! Emphasis on motor skills and using creative movement with imagination. Performances are scheduled when available.

Instructor: C. Martinez
Fee: \$45 Resident
\$55 Non-Resident

Ages: 4-5

#0120.336 Salt Creek Sat 12:30 - 1:00 pm

Preschool Creative Dance

Learn dance techniques in a fun and different way! Improve coordination, attention span, and the ability to express through movement, music and fun.

Instructor: C. Perez
Fee: \$25 Resident
\$30 Non-Resident

Ages: 3-5

#0201.301 Heritage Fri 4:45 - 5:15 pm

#0201.336 Salt Creek Fri 4:30 - 5:00 pm

Creating Your Dance

Toddlers learn to dance using their imagination through everyday movements. Class involves stretching, rhythm, and coordination.

Instructor: A. Ramirez
Fee: \$25 Resident
\$30 Non-Resident

Ages: 3-5

#1920.311 Veterans Fri 4:45 - 5:30 pm

Preschool Ballet and Tap

Come and introduce your child to dance in this fun environment. Musicality and coordination skills will be developed while learning the basics of ballet and tap.

Instructor: F. Alvarez
Fee: \$35 Resident
\$43 Non-Resident

Ages: 3-5

#0130.350 Monteville Tues 11:30 am - 12:00 pm

Dancing with Shapes and Color

Toddlers learn shapes and colors through different dance moves, music, games, and theatrical play. Also included are small art and crafts projects. Last day of class toddlers will receive certificate and picture. This is a fun, interactive, and energetic class!

Instructor: A. Ramirez
Fee: \$49 Resident
\$60 Non-Resident

Ages: 3-5

#0437.321 Loma Verde Tues, Thurs 3:00 - 4:00 pm

#1910.311 Veterans Mon, Fri 3:30 - 4:30 pm

Dancing with Letters and Numbers

Toddlers learn letter recognition, letter sound, writing letters, and first steps to reading. They will also learn fun songs, games, arts and crafts, theatrical play, and dancing. Also included in this fun energetic class – a certificate with a picture – given to all of the students at the end of the session.

Instructor: A. Ramirez
Fee: \$48 Resident
\$59 Non-Resident

Ages: 3-5

#0092.361 Parkway Tues, Thurs 10:00 - 11:00 am

"Baby Signs" Parent Workshop

Show your baby how to talk by using simple signs and gestures. Your baby can communicate his or her wants and needs and therefore decrease their frustration and boost their self-confidence. Participants will receive the Baby Signs Parent Kit.

Instructor: J. Cayabyab
Fee: \$60 Resident
\$74 Non-Resident

Couples \$80 Resident
\$99 Non-Resident

Ages: Adults

#3810.311 Veterans July 15 11:30 am - 12:15 pm

"Sign, Say and Play"

A Baby Signs Program

This six-week class for both babies and parents is designed with a broader educational goal in mind. By embedding the learning of signs in activities that promote cognitive, social, language, literacy, and sensory-motor development, this class teaches parents specific ways to provide support in areas that all babies need to make the most of their critical first three years. Fee includes materials.

Instructor: J. Cayabyab
Fee: \$140 Resident
\$174 Non-Resident

Ages: 6 months - 3 years

#3815.311 Veterans Sat 11:30 am - 12:15 pm
July 22 - Aug 21

Sing, Sign, and Play-Mommy and Me Class

Come play with your child, while learning American Sign Language. Learn how signing can help you to communicate with your baby before they can talk and help your 13-24 month old through those frustrating toddler years.

Price includes materials.

Instructor: L. Albertson
Fee: \$125 Resident
\$155 Non-Resident

Ages: 6-12 months

#0070.350 Monteville 6 week class Wed 9:00 - 9:50 am

#0070.351 Monteville 6 week class Sat 9:00 - 9:50 am

Ages: 13-24 months

#0070.352 Monteville Wed 10:00 - 10:50 am

#0070.353 Monteville Sat 10:00 - 10:50 am



Classes are from July 10 - September 3
(8 weeks unless otherwise noted)

Little Dunkers "Basketball"

Learn the basics of dribbling, shooting, defense, and passing. Emphasis is placed on coordination, participation, and fun!

Instructor: Staff
Fee: \$20 Resident
\$25 Non-Resident

Ages: 2-3

July 11 - August 8

Veterans

#0330.311 Tues 4:00 - 4:45 pm

August 17 - September 14

Veterans

#0330.312 Thurs 4:00 - 4:45 pm

Ages: 4-5

July 11 - August 8

Veterans

#0335.311 Tues 5:00 - 5:45 pm

August 17 - September 14

Veterans

#0335.312 Thurs 5:00 - 5:45 pm

Little Sluggers "T-Ball"

Learn the basics of catching, throwing, and hitting. Emphasis is placed on coordination, participation, and fun!

Instructor: Staff
Fee: \$20 Resident
\$25 Non-Resident

Ages: 2-3

July 13 - August 10

Veterans

#0330.313 Thurs 4:00 - 4:45 pm

August 15 - September 12

Veterans

#0330.314 Tues 4:00 - 4:45 pm

Ages: 4-5

July 13 - August 10

Veterans

#0335.315 Thurs 5:00 - 5:45 pm

August 15 - September 12

Veterans

#0335.316 Tues 5:00 - 5:45 pm



Pee Wee Sports

Your little one will enjoy this introduction to T-Ball, Basketball, Soccer and many other sports. Skills and sportsmanship are taught in a fun, non-competitive setting by trained coaches.

Instructor: Staff
Fee: \$36 Resident
\$45 Non-Resident

Ages: 3-5

Parkway

#0098.368 Tues 3:00 - 3:50 pm

Mommy and Me Creative Dance

Have fun learning new dance moves with your little one. This class will incorporate various forms of dance and lots of imagination with a primary focus on ballet.

Instructor: F. Alvarez
Fee: \$35 Resident
\$43 Non-Resident

Ages: 3-4

Monteville

#0130.351 Tues 11:00 - 11:30 am

Creative Hands

Come join your child in a class that will help inspire their imagination with hands on fun. Children will have fun making a variety of art projects. Dress for a mess in this child oriented art class. Parent participation is required. Materials are included.

Instructor: Staff
Fee: \$36 Resident
\$45 Non-Resident

Ages: 3-5

Monteville

#3200.350 Thurs 3:30 - 4:15 pm

Wiggles and Giggles

Babies from birth to crawling will increase awareness, motor skills, and rhythm while enjoying music and movement. This is a parent participation class and each baby needs to bring a grown-up.

Instructor: T. Byer
Fee: \$42 Resident
\$52 Non-Resident

Ages: Infant to Crawling
Monteville

#0060.350 Thurs 10:00 - 10:45 am

Monteville

#0060.351 Fri 10:00 - 10:45 am

Little Kickers Soccer

Learn the basics of dribbling, shooting, defense, and passing. Emphasis is placed on coordination, participation, and fun!

Instructor: Staff
Fee: \$20 Resident
\$25 Non-Resident

Ages: 2-3

July 14 - August 11

Monteville

#0330.350 Fri 4:00 - 4:45 pm

August 19 - September 16

Monteville

#0330.351 Sat 10:00 - 10:45 am

Ages: 4-5

July 14 - August 11

Monteville

#0335.350 Fri 5:00 - 5:45 pm

August 19 - September 16

Monteville

#0335.351 Sat 11:00 - 11:45 am

Diaper Daredevils

Parent and child explore gymnastics and develop motor skills and hand/eye coordination using gymnastics equipment. Taught by a former Olympic gymnast.

Instructor: J. Jensen
Fee: \$44 Resident
\$54 Non-Resident

Ages: Walking to 36 months

Parkway

#0080.361 Fri 3:00 - 3:45 pm

Monteville

#0080.350 Mon 10:00 - 10:45 am

Monteville

#0080.352 Tues 10:00 - 10:45 am

Summer Classes



performing arts

Little Athletes Track and Field

Running, jumping, and throwing are just some of the skills that will be taught in this hi-octane class. Emphasis is placed on coordination, participation, and fun!

Instructor: Staff
Fee: \$20 Resident
\$25 Non-Resident

Ages: 2-3

July 15 - August 12

Montevelle
#0330.352 Sat 10:00 - 10:45 am

August 18 - September 15

Montevelle
#0330.353 Fri 4:00 - 4:45 pm

Ages: 4-5

July 15 - August 12

Montevelle
#0335.352 Sat 11:00 - 11:45 am

August 18 - September 15

Montevelle
#0335.353 Fri 5:00 - 5:45 pm

Super Tots

Activities include loco motor warm up, circuit training on kid size gymnastics apparatus to develop gymnastics skills rhythm, strength, motor skills and flexibility. Taught by a former Olympic gymnast.

Instructor: J. Jensen
Fee: \$44 Resident
\$54 Non-Resident

Ages: 3-5

Parkway
#0080.362 Fri 4:00 - 4:45 pm

Montevelle
#0080.351 Mon 11:00 - 11:45 am

Montevelle
#0080.353 Tues 11:00 - 11:45 am

Preschool Tennis

This class is an introduction to the sport of tennis in a fun atmosphere. Children learn to play with tennis balls and racquets while increasing their hand-eye coordination and motor skills. Students will learn while playing games and interacting with each other.

Instructor: J. Villanueva

Fee: \$60 Resident
\$74 Non-Resident

Ages: 4-5

Montevelle
#0140.312 Tues 10:00 - 10:45 am
6 week class

performing arts

Ballet

You'll improve your poise as you learn ballet steps, techniques and terminology. This course covers ballet combinations, rhythm, coordination and stretching.

Instructor: C. Perez and Staff

Fee: \$30 Resident
\$36 Non-Resident

Ages: 4-6, Level 1

Heritage
#1230.301 Thurs 6:00 - 6:30 pm

Ages: 6 and over, Level 1

Veterans
#1230.311 Mon 5:45 - 6:30 pm

Otay
#1230.342 Wed 5:30 - 6:15 pm

Chula Vista Youth Center
#1230.383 Thurs 4:30 - 5:15 pm

Salt Creek
#1230.335 Fri 6:30 - 7:15 pm

Salt Creek
#1230.336 Sat 2:30 - 3:15 pm

Ages: 6 and over, Level 1 and 2

Heritage
#1235.302 Fri 6:15 - 7:00 pm

Loma Verde
#1235.324 Fri 5:00 - 5:45 pm

Parkway
#1220.361 Mon 4:30 - 5:15 pm

Montevelle
#1240.350 Mon 4:45 - 5:30 pm

Ages: 8 and over, Level 3 and 4

Montevelle
#1240.351 Mon 5:30 - 6:15 pm

Heritage

#1240.301 Thurs 6:30 - 7:15 pm

Ages: Teen 13 and over

Salt Creek
#1245.333 Tues 6:45 - 7:45 pm

Ages: Adult 16 and over

Salt Creek
#1255.336 Sat 3:15 - 4:15 pm

Jazz / Hip-Hop

Learn basic dance techniques, combinations and terminology. Develop coordination, flexibility, rhythm and performance presence.

Instructor: C. Perez
Fee: \$45 Resident
\$55 Non-Resident

Ages: 6 and over

Beginning Heritage
#1610.301 Wed 4:00 - 4:45 pm

Salt Creek
#1610.335 Sat 1:00 - 1:45 pm

Ballet and Tap

Girls and boys will enjoy this fun-filled class learning new dancing styles and the latest techniques of ballet and tap. Teaching kids to dance at a young age helps them develop athletic prowess as well as self-confidence. Plus, they'll have a great time!

Instructor: C. Perez and Staff
Fee: \$30 Resident
\$36 Non-Resident

Ages: 5-9

Chula Vista Youth Center
#1230.384 Sat 1:00 - 1:45 pm

Parkway
#1230.361 Tues 5:00 - 5:45 pm

Ages: 5-12

Loma Verde
#1230.321 Mon 4:45 - 5:30 pm

Veterans
#1230.312 Fri 6:00 - 6:45 pm

Ages: 6-12

Montevelle
#1230.350 Wed 4:30 - 5:15 pm

Chula Vista Youth Center
#1235.386 Sat 1:45 - 2:30 pm



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Jazz Dance

Students will learn Jazz dance techniques; stretching, center, across-the-floor, turns and combinations set to contemporary Jazz music.

Instructor: C. Perez and Staff
Fee: \$36 Resident
\$45 Non-Resident

Ages: 5-10

Monteville
#1610.350 Tue 4:00 - 4:45 pm
Salt Creek
#1180.333 Fri 5:45 - 6:30 pm

Hip Hop

Want to learn basic hip hop, or improve your dance skills? You'll dance to great music, meet new people and have fun!

Instructor: C. Perez and Staff
Fee: \$30 Resident
\$36 Non-Resident

Ages: 6-13

Chula Vista Youth Center
#1365.381 Tues 7:00 - 7:45 pm
Parkway
#1365.362 Thurs 5:00 - 5:45 pm
Monteville
#1365.350 Thurs 5:00 - 5:45 pm

Ages: 6 and over

Otay
#1365.342 Mon 6:45 - 7:30 pm
Loma Verde
#1365.322 Sat 10:00 - 10:45 am
Salt Creek
#1365.333 Tues 6:00 - 6:45 pm

Ages: 14 and over

Chula Vista Youth Center
#1365.382 Tues 8:00 - 8:45 pm
Loma Verde
#1365.323 Sat 11:30 am - 12:15 pm
Monteville
#1370.350 Thurs 5:45 - 6:30 pm

Afro Cuban Rhythms

What are congas, timbales and bongos? Find out when you learn how to play and perform several Afro Cuban instruments. Instructor, Juan Sanchez, has trained with some of the best international musicians, including Emilio Camacho, Tom Float, Erick Mabre, and Mark Lambson.

Fee: \$45 Resident
\$55 Non-Resident

Ages: 8 and over

Beginning

Chula Vista Youth Center
#1311.383 Wed 7:00 - 8:00 pm

Intermediate / Advanced

Chula Vista Youth Center
#1311.389 Wed 7:00 - 8:00 pm

Youth Belly Dancing

Colorful Middle Eastern outfits with lots of sparkles give this belly dancing class an exotic feel. Students will learn rhythm, coordination and stretching.

Instructor: L. Stacey
Fee: \$30 Resident
\$36 Non-Resident

Ages: 6-12

Chula Vista Youth Center
#1410.381 Mon 6:00 - 7:00 pm
Instructor: Aragon-Weisner
Fee: \$37 Resident
\$45 Non-Resident

Ages: 6-12

Heritage
#1410.301 Tues 5:00 - 5:50 pm

Youth to Adult Belly Dancing

The class will teach you to do beautiful arm movements, shimmies, and coordination, and isolations. Hip scarf's and veils required by second class.

Instructor: C. Martinez
Fee: \$40 Resident
\$49 Non-Resident

Ages: 6-18

Loma Verde
#1454.324 Mon 6:00 - 6:50 pm

Belly Dancing

This ancient and beautiful art form has many movements that are thousands of years old. The class combines movements, veils and finger cymbals with dance.

Instructor: L. Stacey (YC), C. Martinez (PW)
D. Aragon-Weisner (HC)
Fee: \$45 Resident
\$55 Non-Resident
\$8 for single class at Parkway

Ages: Adults

Chula Vista Youth Center
#1540.381 Mon 6:00 - 7:00 pm
Parkway
#1540.362 Wed 6:30 - 7:20 pm

Heritage

#1540.301 Mon 6:00 - 6:50 pm

Monteville

#1540.350 Tues 7:00 - 7:50 pm

Loma Verde

#1540.321 Mon 7:00 - 7:50 pm

Beginning Flamenco Dance

This class consists of flamenco exercise patterns to develop grace, agility, rhythm and coordination in children. The class will introduce children to the joys of flamenco dance and prepare choreography for the student performance.

Instructor: C. Perez and Staff
Fee: \$36 Resident
\$45 Non-Resident

Ages: 5-10

Salt Creek
#1480.336 Fri 5:00 - 5:45 pm

Flamenco Dance

Flamenco is one of the most renowned and beautiful of all Spanish dances. Students will develop self-confidence, rhythm, teamwork, poise, stage presentation and preparation for public appearances. Practice items and costume costs are in addition to class fees.

Instructor: D. Weisner
Fee: \$45 Resident
\$55 Non-Resident

Ages: 6 and over

Heritage
#1470.301 Tues 6:00 - 6:50 pm

Tap Dance (Level 1)

Tap is a great way to learn coordination and develop a sense of rhythm. Emphasis is on basic steps, rhythm, easy routines and having fun.

Instructor: C. Perez and Staff
Fee: \$30 Resident
\$36 Non-Resident

Ages: 6 and over

Monteville
#1205.350 Mon 4:00 - 4:45 pm
Salt Creek
#1205.336 Sat 1:45 - 2:30 pm

Summer Classes



performing arts

Adult Tap Dance

Toe-tappin' fun, learning basic steps through intermediate routines. Great cardio exercise, great class! Tap shoes required at the second class meeting.

Instructor: C. Schroeder

Fee: \$25 Resident
\$30 Non-Resident

Ages: 16 and over

Parkway
#1260.362 Mon 7:00 - 7:50 pm

Hawaiian Dance

Learn the Dances of Hawaii, New Zealand, and Tahiti. This class has an emphasis on show dancing. Students will learn three regional dances in each class, including Poi Balls from New Zealand and much more.

Instructor: M. Tuminting

Fee: \$35 Resident
\$43 Non-Resident

Ages: 6-12

Chula Vista Youth Center
#1282.381 Tues 5:00 - 5:50 pm

Ages: 13 - Adult

Chula Vista Youth Center
#1282.386 Tues 6:00 - 6:50 pm

Ballet Folklorico-Xochitl

Instruction offered in regional dances with emphasis on stage presence, self-confidence and projection. Performances are given throughout the year. Costuming cost not included in fee.

Instructor: M. Sanchez

Fee: \$25 Resident
\$30 Non-Resident

Ages: 6 and over

Monteville
#1250.350 Tues 5:00 - 5:45 pm

Monteville
#1250.351 Thurs 6:00 - 6:45 pm

Veterans
#1245.311 Wed 5:00 - 5:45 pm

Move-in-Line

Progressive Line Dancing

Join an exercise class with exciting choreography to a variety of musical selections that will keep you asking for more. Bring your friends and neighbors to join in an activity that is fun and healthy for all ages.

Fee: \$25 Resident
\$30 Non-Resident

Ages: 13 and over

Ultra Beginners

Veterans
#1510.311 Mon 6:30 - 7:30 pm

Improvers

Veterans
#1510.312 Mon 7:30 - 9:00 pm

Intermediate

Veterans
#1510.313 Mon 7:00 - 9:00 pm

Fee: \$41 Resident
\$50 Non-Resident

Both Improvers and Intermediate

Veterans
#1510.314 Mon 7:30 - 9:00 pm
Thurs 7:00 - 9:00 pm

Dance Technique – Folklorico Mexicano

Structured for intermediate abilities. Class includes skirt movements and stage presentations.

Instructor: Y. Chacon-Beniquez

Fee: \$25 Resident
\$30 Non-Resident

Ages: 11-20 (Girls only)

Parkway
#1260.361 Sat 3:00 - 3:50 pm

Latin Dance

Beginners will enjoy the basics of graceful and exciting Latin dance movements and techniques. Learn rhythm and listening skills.

Instructor: M. Sanchez
Fee: \$25 Resident
\$30 Non-Resident

Ages: 6-14

Loma Verde
#1310.325 Tues 6:00 - 6:50 pm

Traditional Dance

Folklorico Mexicano

Learn traditional, regional Mexican dances and perform them on stage! Instruction emphasizes stage presence, self-confidence and projection. Costuming cost not included in fee. Instruction approval required for Level 2, Intermediate and Advanced classes.

Instructor: Y. Chacón-Beniquez

Fee: \$25 Resident
\$30 Non-Resident

Beginning **Ages: 6 and over**
Parkway (Level 1)

#1245.363 Sat 11:00 - 11:50 am

Beginning **Ages: 18 and over**
Parkway (Level 2)

#1245.362 Sat 10:00 - 10:50 am

Emerging **Ages: 11-20**
Parkway

#1245.361 Sat 1:00 - 1:50 pm

Intermediate **Ages: 7 and over**
Parkway (Level 1)

#1250.363 Sat 2:00 - 2:50 pm

Parkway (Level 2)
#1250.362 Sat 12:00 - 12:50 pm

Advanced **Ages: 8 and over**
Parkway

#1255.361 Thurs 6:00 - 6:50 pm

Polynesian Dance

Learn Polynesian dance. New dances will be introduced to intermediate and advanced students, emphasizing challenging routines. Instructor's approval is required for all intermediate and advanced classes.

Instructor: G. Berthiaume

Fee: \$21 Resident
\$25 Non-Resident

Level 1 **Ages: 5 and over**
Loma Verde

#1280.322 Thurs 5:45 - 6:30 pm

Level 1 **Ages: 12 - Adult**
Loma Verde

#1290.321 Wed 7:30 - 8:20 pm

Level 2 **Ages: 5 and over**
Loma Verde

#1285.325 Thurs 6:45 - 7:30 pm

Level 3 **Ages: 5 and over**
Loma Verde

#1295.321 Wed 5:30 - 6:20 pm

Level 4 **Ages: 9 and over**
Loma Verde

#1298.325 Wed 6:30 - 7:20 pm



Classes are from July 10 - September 3
(8 weeks unless otherwise noted)

Intro to Hula

Hula with us! Students will enjoy island music while learning the basic movements of hula dance.

Instructor: S. Mesina

Fee: \$25 Resident
\$30 Non-Resident

Ages: 5-9

Heritage

#1280.301 Wed 5:00 - 5:50 pm

Hip Hop 101

Have fun learning different styles of hip hop. Improve your coordination, rhythm, self-esteem, and learn how to choreograph your own dance. Christian, R & B, and rap music will be played.

Instructor: L. Ramirez

Fee: \$29 Resident
\$35 Non-Resident

Ages: 6 and over

Veterans

#1265.311 Tues 6:00 - 6:50 pm

Ages: 9 and over

Veterans

#1265.312 Sat 2:30 - 3:20 pm

Jazz / Modern

Have fun learning a variety of different basic dance steps to music light or upbeat. Learn to choreograph your own dance and the terminology to different dance steps. Develop coordination, rhythm, and self-confidence. Turn any movement into a creative dance and let your imagination drive you!

Instructor: L. Ramirez

Fee: \$29 Resident
\$35 Non-Resident

Ages: 6 and over

Veterans

#1900.311 Tues 5:00 - 5:45 pm

Creative Art of Acting

So, you want to be an actor? Experience the technical and creative aspects of theatre arts. Aspiring actors of all ages will gain insight into the principles of acting including vocal techniques, character and scene analysis, improvisation and more.

Instructor: D. Smith

Fee: \$27 Resident
\$32 Non-Resident

Ages: 8 - Adult

Otay

#1530.344 Wed 6:15 - 7:45 pm

Fee: \$42 Resident
\$52 Non-Resident

Woman's Club

#2110.361 Sun 2:00 - 4:00 pm

Monteville

#2110.350 Thurs 6:00 - 8:00 pm

Keyboard

Is your child the next Elton John? Students learn basic keyboard playing, including note reading, fingering, chords, and rhythm. Students must provide their own keyboards with at least four octaves or 30 keys in length. Fee includes materials.

Instructor: N. Villanueva

Fee: \$52 Resident
\$74 Non-Resident

Ages: 7 and over

Heritage

#1580.301 Wed 4:00 - 4:50 pm

Little Voices

Do you have a future "American Idol" in your house? This class teaches kids basic vocal techniques like breathing, phrasing, enunciation, etc. And singing helps develop confidence and teamwork. Fee includes materials.

Fee: \$52 Resident
\$74 Non-Resident

Ages: 7-12

Heritage

#1520.301 Wed 5:00 - 5:50 pm

Traditional Polynesian Dance

Aloha! Come dance and have fun while learning the basics of Hawaiian and Tahitian dance. The adult class will enjoy the cardiovascular benefits of "Hularobics."

Instructor: S. Valenzuela

Fee: \$20 Resident
\$24 Non-Resident

Ages: 5-12

Veterans

#1100.311 Wed 4:30 - 5:20 pm

Ages: 13 and over

Veterans

#1100.312 Wed 6:30 - 7:20 pm

Salsa and Merengue

Learn basic Salsa and Merengue patterns and combinations. Improve your rhythm and coordination. Come learn these passionate dances and you will be ready to hit the dance clubs in no time.

Instructor: S. Martin

Fee: \$37 Resident
\$45 Non-Resident

Ages: 16 and over

Veterans

#1730.311 Thurs 6:00 - 7:00 pm

Monteville

#1730.350 Wed 8:00 - 8:50 pm

Tap Dance

Learn elementary tap techniques to help develop motor learning skills. Emphasis on creative movement combined with imagination and FUN!

Instructor: C. Perez and Staff

Fee: \$30 Resident
\$36 Non-Resident

Ages: 5-12

Loma Verde

#1205.321 Sat 10:45 - 11:30 am

Summer Classes



performing arts

Beginning Adult Ballet

No matter your skill level, enjoy getting fit through ballet. This class stresses the basics, and also includes gentle stretching, strength building, and improved body awareness.

Instructor: F. Alvarez
Fee: \$50 Resident
\$62 Non-Resident

Ages: 16 and over

Montevelle Starts July 17
#2230.350 Tues 6:00 - 6:50 pm

Intermediate Ballet

This class builds upon beginning ballet technique and requires a minimum of one year previous experience or placement by the instructor. Your child will excel in this small class setting.

Instructor: F. Alvarez
Fee: \$63 Resident
\$78 Non-Resident

Ages: 7 and over

Montevelle Starts July 17
#1251.351 Tues 10:00 - 10:50 am

Kids Latin Dance

Come learn the popular Latin dances: Salsa, Merengue, and the Cha-Cha. Kids will learn basic patterns, combinations, rhythm, and coordination.

Instructor: S. Martin
Fee: \$37 Resident
\$45 Non-Resident

Ages: 8 and over

Veterans
#1700.311 Thurs 5:00 - 6:00 pm

Ballroom Dances

Come out and learn various ballroom dances including the Rumba, Foxtrot, Tango, Waltz, Mambo, Swing, and Cha-Cha.

Instructor: S. Martin
Fee: \$37 Resident
\$45 Non-Resident

Ages: 16 and over

Veterans
#1710.311 Tues 8:00 - 9:00 pm
Montevelle
#1710.350 Wed 6:00 - 7:00 pm

East Coast Swing

Come learn the Jitterbug in this class that offers the basic foundation of swing. You will learn partner combinations and have fun at the same time.

Instructor: S. Martin
Fee: \$37 Resident
\$45 Non-Resident

Ages: 16 and over

Veterans
#1720.311 Tues 7:00 - 8:00 pm
Montevelle
#1720.350 Wed 7:00 - 8:00 pm

Beginning Ballet

This class will help your child develop flexibility, musicality, and coordination. Small class size guarantees your child individual attention.

Instructor: F. Alvarez
Fee: \$63 Resident
\$78 Non-Resident

Ages: 6 and over

Montevelle Starts July 17
#1251.350 Tues 9:00 - 9:50 am

Polynesian Dance

Learn the beautiful dances of Hawaii and Tahiti. This class will focus on beginning basics of hula and Tahitian, and the history of each dance.

Instructor: L. Jasmin
Fee: \$35 Resident
\$43 Non-Resident

Ages: 5-10

Montevelle
#1100.350 Fri 5:15 - 6:00 pm

Ages: 10 and over

Montevelle
#1100.351 Fri 6:15 - 7:00 pm

Country Line Dancing

Learn all the newest dances and the old standards in this fun class. Dances are taught into easy to learn formats and reviewed weekly.

Instructor: T. Beyer
Fee: \$29 Resident
\$35 Non-Resident

Ages: 14 - Adult

Montevelle
#2111.350 Fri 7:00 - 8:00 pm

Tango / Cha Cha

Tango is a timeless classic, and Cha Cha is always fun. Bring them both together and we are talking a great night of dancing. Couples and singles welcome.

Instructor: T. Beyers
Fee: \$29 Resident
\$35 Non-Resident

Ages: 14 - Adult

Montevelle
#2112.350 Fri 8:00 - 9:00 pm

Creative Dance

Learn dance techniques in a fun and different way! Improve coordination, attention span, and the ability to express through movement, music and fun.

Instructor: C. Perez and Staff
Fee: \$36 Resident
\$44 Non-Resident

Ages: 5-10

Montevelle
#1510.350 Tues 4:45 - 5:30 pm

Wedding Dance Workshop

You will learn the basic movements in Waltz, Fox Trot, and Rumba that best fit a couple's first dance. Bring the music you plan to use.

Instructor: T. Byer
Fee: \$20 Resident
\$24 Non-Resident

Ages: Adults

Montevelle
#2113.350 Sun 2:00 - 4:00 pm
July 9
Montevelle
#2113.351 Sun 2:00 - 4:00 pm
Aug 6

creative classes

Little Chefs

Kids will learn kitchen safety, basic nutrition, and how to make easy recipes they can make themselves.

Instructor: Staff
Fee: \$20 Resident
\$25 Non-Resident

Ages: 6-12

Loma Verde
#3112.321 Wed 3:30 - 4:00 pm



Classes are from July 10 - September 3
(8 weeks unless otherwise noted)

Creative Collages

Students make collages with a variety of materials from stained glass and tile, to beads, shells, buttons, marbles, food, and more. Each week we'll make collages with a specific theme and material.

Instructor: Staff
Fee: \$25 Resident
\$30 Non-Resident

Ages: 5-8

Veterans
#3010.311 Tues 4:00 - 4:50 pm

Build Your Own Cook Book

Enjoy hands on, staff directed cooking class where your Jr. Chef prepares healthy childhood favorites. Bon Appetite!

Instructor: Staff
Fee: \$35 Resident
\$43 Non-Resident

Ages: 6-12

Salt Creek
#3115.332 Mon 4:30 - 5:20 pm

Make, Bake, and Take

Summer session is a 3-week course, meeting two times a week, students will learn the basic fundamentals of nutrition, table manners, and cooking skills. Students will prepare a variety of recipes throughout the course and come away with a recipe book of items they helped make.

Instructor: D. Hlava
Fee: \$30 Resident
\$37 Non-Resident

A supply fee of \$10 is due to the instructor the first day of class.

Ages: 5-12

Otay
#3310.341 Mon, Wed 2:00 - 3:15 pm
Veterans
#3310.311 Mon, Wed 9:00 - 10:15 am
Veterans
#3310.312 Tues, Thurs 2:00 - 3:15 pm

Drama Kids International

Whether destined for the stage or the boardroom, Drama Kids prepares children and young adults to speak up clearly with confidence putting them on

an easier path for lifelong success. There will be a variety of drama and speech activities for greater excitement, fun, and full student participation.

Instructor: B. Mills
Fee: \$105 Resident
\$130 Non-Resident

Ages: K - 2nd grades

Veterans
#1120.311 Sat 9:00 - 10:00 am

Ages: 3rd - 6th grades

Veterans
#1120.312 Sat 10:00 - 11:00 am

Make and Take Crafts

Summer session is a 3-week course, meeting two times a week. Students will use different materials (wood, fabric, metal, cement and more) to make creative projects for the home, yard or as gifts. An Art shirt is advisable.

Instructor: D. Hlava
Fee: \$40 Resident
\$49 Non-Resident

A supply fee of \$20 is due to the instructor the first day of class.

Ages: 5-12

Otay
#3320.341 Mon, Wed 3:30 - 5:00 pm
Veterans
#3320.311 Mon, Wed 10:30 am - 12:00 pm
Veterans
#3320.312 Tues, Thurs 3:30 - 5:00 pm
Veterans
#3320.313 Tues, Thurs 5:15 - 6:45 pm

Art-Tastic

Students will learn drawing, painting and sculpture in this Art-Tastic class. The Instructor is an accomplished artist and teacher from Japan. Students must provide their own art supplies. Please call (619) 691-5276 for a complete art supply list or visit the Youth Center.

Instructor: M. Nakagawa
Fee: \$45 Resident
\$55 Non-Resident

Ages: 6-12

Chula Vista Youth Center
#3113.382 Wed 6:00 - 6:50 pm

Animal Art

Lions, Tigers, and Bears, oh my! Create a marvelous menagerie of colorful creatures using a potpourri of mixed media. Try collage, mosaics, pen and ink, and more. Learn to paint without a brush! All supplies can be purchased through instructor for \$10 on first day of class.

Instructor: A. Batson
Fee: \$35 Resident
\$43 Non-Resident

Ages: 5-13

Loma Verde
#3162.322 Thurs 4:00 - 4:50 pm
Veterans
#3162.311 Mon 4:00 - 4:50 pm
Monteville
#3162.350 Tues 7:00 - 7:50 pm

Drawing Dynamos

Tried of the same old lines? Turn your doodles and squiggles into amazing art. Refine your drawing skills and explore line and color using a variety of drawing materials and techniques. Create original works of art you'll be "drawn" to. All supplies can be purchased through instructor for \$10 on first day of class.

Instructor: A. Batson
Fee: \$35 Resident
\$43 Non-Resident

Ages: 6-13

Loma Verde
#3164.321 Thurs 5:00 - 5:50 pm
Veterans
#3164.311 Mon 5:00 - 5:50 pm

Drawing Plus!

This course starts with several weeks of basic drawing - people, animals, places and plants using crayons, oil pastels, markers and pencils, etc. We'll then add in painting techniques to create some nifty images worthy of the finest refrigerator or wall. An "art shirt" is advisable to protect clothing. \$7 Material fee to be paid to the instructor.

Instructor: T. Mill
Fee: \$39 Resident
\$48 Non-Resident

Ages: 6-10

Parkway
#3110.361 Wed 3:30 - 4:20 pm

Summer classes



creative classes

Art Studio

Classes are designed to introduce artists, art history and contemporary art through hands-on projects. Your child will explore the endless opportunity of imagination and self expression.

Instructor: Staff
Fee: \$35 Resident
\$43 Non-Resident

Ages: 6-12

Salt Creek
#3150.334 Thurs 4:00 - 4:50 pm

Cartooning

Get the inside story on the art of cartooning. Practice drawing people and animals from head to toe (or paw). Experiment with humor and action. Sharpen your storytelling skills while creating original comic strips starring your own characters. All supplies can be purchased through instructor for \$10 on first day of class.

Instructor: A. Batson
Fee: \$35 Resident
\$43 Non-Resident

Ages: 8-13

Loma Verde
#3166.321 Thurs 6:00 - 6:50 pm
Veterans
#3166.311 Mon 6:00 - 6:50 pm
Monteville
#3166.350 Tues 6:00 - 6:50 pm

Scrapbooking

Learn scrapbooking for real people. Use all the scrapbooking tools while getting personal instruction. At the end of the three sessions, you will be able to create an entire album, have all of your photos completely organized, or complete a full set of borders. For the first session, bring one package of 25 photos. All supplies can be purchased through instructor.

Instructor: K. Ralston
Fee: \$40 Resident
\$49 Non-Resident

Ages: 16 and over

Heritage
#3180.301 Aug 12 12:00 - 3:00 pm
Aug 19 12:00 - 3:00 pm
Sept 2 12:00 - 3:00 pm

Fine Art Painting

This course is designed to teach students basic and intermediate techniques in painting. Experience different medias and styles and learn about color mixing, composition, and design. Class will meet for 6 weeks.

Instructor: O. Alvarado
Fee: \$30 Resident
\$36 Non-Resident

Ages: 18 and over

Veterans
#3085.311 Tues 9:00 am - 12:00 pm

Painting

With the direction and motivation of professional artist/art teacher, your child will create a beautiful, ready to hang masterpieces. Teacher inspires students to bring out their hidden talent while creating confidence, drive and the great feeling of accomplishment. Let your child discover what art can bring into his/her life. \$35 materials fee to be paid to instructor on the first day of class. Includes all materials and one frame.

Instructor: L. Villasenor-Isabelle
Fee: \$61 Resident
\$75 Non-Resident

Ages: 9-11

Heritage
#3155.301 Sat 9:00 - 10:00 am
Veterans
#3155.311 Tues 5:00 - 6:00 pm

Ages: 12-16

Heritage
#3155.302 Sat 10:30 - 11:30 am
Veterans
#3155.312 Tues 6:00 - 7:00 pm

Clay Plus!

Make critters, puppets, animals and constructions out of lots of clay, wire, cardboard, plaster, glue, sticks, etc. Wonderfully messy! Great fun! Bring an apron or "art shirt." \$7 Material fee to be paid to the instructor.

Instructor: T. Mill
Fee: \$39 Resident
\$48 Non-Resident

Ages: 6-10

Parkway
#3120.361 Wed 4:30 - 5:20 pm

Creative Clay

New non-fire clay in every color. Take home what you make the same day. Working with clay is a great way to encourage creativity. A \$10 materials fee to be paid to instructor on the first day of class.

Instructor: A. Melzer
Fee: \$29 Resident
\$36 Non-Resident

Ages: 6 and over

Loma Verde
#3180.321 Mon 6:00 - 8:00 pm

Ceramics

This introductory class is designed to teach students the basics of working with ceramics. Molds and kiln are available. Students supply all other materials.

Instructor: N. Wallis
Fee: \$28 Resident
\$34 Non-Resident

Ages: 10 and over

Loma Verde
#3200.321 Thurs 9:00 am - 12:00 pm
Loma Verde
#3200.323 Wed 5:30 - 8:20 pm
Loma Verde
#3200.322 Wed 9:00 am - 12:00 pm
Loma Verde
#3200.324 Sat 9:00 am - 12:00 pm

Babysitter's Training Certification

This American Red Cross certification course has been reviewed and is supported by the U.S. Consumer Product Safety Commission. Includes a certificate, babysitter's handbook, and a pin. This training will help develop skills in leadership, professionalism, basic care, safety and first aid.

Instructor: K. Fajardo
Fee: \$45 Resident
\$55 Non-Resident

Ages: 11 and over

Chula Vista Youth Center
#3116.381 July 8,15 9:00 am - 12:00 pm
Class meets both days
Chula Vista Youth Center
#3116.383 Aug 12, 19 9:00 am - 12:00 pm
Class meets both days



Classes are from July 10 - September 3
(8 weeks unless otherwise noted)

SAT Preparation

This course is designed to effectively prepare students for the new SAT. Upon completion of the course, students will have received a thorough training in the skills and strategies required for success on the exam. Course includes: essay writing, grammar review sentence completion, finding sentence errors, critical reading, math review and strategies and test taking skills. A \$25 materials fee to be paid to the instructor the first day of class which include three practice exams.

Instructor: I Hayden
Fee: \$235 Resident
\$288 Non-Resident

Ages: 15-18

Heritage
#4420.301 Aug 5, 12, 19, 26
Sept 2 1:00 - 4:00 pm

California Child Care Course

This course meets the legal requirements of the California Health and Safety Code (AB 243). The law stipulates that licensed childcare providers receive at least 15 hours of training on preventative childcare practices. Attendance both class dates is required for Red Cross certification.

Instructor: S. Linderman
Fee: \$105 Resident
\$132 Non-Resident

Ages: Adults

Parkway
#3116.361 July 22, 29 8:00 am - 5:00 pm

Beginning Jewelry Making and Beadwork

In this introductory course you will learn the basics of beading and making your own jewelry. Make gifts for yourself, family and friends. An additional cost of \$25 will be paid to the instructor for a starter kit, which includes necessary tools and supplies. You must provide any additional supplies. Make some great holiday gifts. 8-week class.

Instructor: M. Quintero
Fee: \$30 Resident
\$37 Non-Resident

Ages: Adults

Montvalle
#3100.350 Mon 5:30 - 6:30 pm

Etiquette and Social Skills for Children

Etiquette is more than saying "please" and "thank you." It's an essential life skill that increases self-esteem and allows children to feel confident in any kind of social situation. This 6-hour course includes: first Impressions, speaking and listening skills, table setting, table manners, body language and poise, phone manners, and thank you cards.

Instructor: M. O'Farrill
Fee: \$75 Resident
\$94 Non-Resident
Fee includes food

Ages: 6-12

Heritage
#4415.301 July 11, 13 12:00 - 3:00 pm

Heritage
#4415.302 July 29,
Aug 5 12:00 - 3:00 pm

Heritage
#4415.303 Aug 26,
Sept 2 12:00 - 3:00 pm

Ready, Set, Knit, and Crochet

Learn the basic techniques of knitting and crocheting. This class is for beginners and intermediates. Choose your own projects from flower pins, belts, scarves, blankets, and more.

Instructor: M. Elias
Fee: \$45 Resident
\$56 Non-Resident

Ages: 8 and over

Heritage
#3181.301 Mon 6:00 - 7:15 pm

Ceramics 101

Introduce students to ceramic arts, ceramic clay, painting techniques, and firing. Students will complete several functional pieces, such as plates, and figurines. A material fee of \$40 is paid to the instructor on the first day of class.

Instructor: Creative Kidz
Fee: \$55 Resident
\$68 Non-Resident

Ages: 6-14

Montevalle
#3100.353 Fri 3:30 - 4:30 pm

Hammers and Crafts

Use various tools such as hammers and screw drivers to create unique crafts. Create clocks, whimsical bulletin boards, and more from hardware supplies. A material fee of \$40 is paid to the instructor on the first day of class.

Instructor: Creative Kidz
Fee: \$55 Resident
\$68 Non-Resident

Ages: 6-14

Montevalle
#3100.351 Fri 5:00 - 6:00 pm

Personal Care

Learn about personal care, skin care, hair care, beauty, color coordination, and more. Activities include testing products, a fashion show, and a video. \$20 material fee due first day of class.

Instructor: Creative Kidz
Fee: \$55 Resident
\$68 Non-Resident

Ages: 10-18

Montevalle
#3230.350 Tues 3:30 - 4:30 pm

Culinary Kids: Make and Take Dinner

Students learn their way around the kitchen. They also learn about nutrition, culinary techniques, recipes, and more. Each child prepares a meal to take home. \$30 material fee due first day of class.

Instructor: Creative Kidz
Fee: \$55 Resident
\$68 Non-Resident

Ages: 5-12

Montevalle
#3240.350 Tues 5:00 - 6:00 pm

Totally Art!

Totally fun! Using many types of media, you'll create art projects like banners and books, cards and creatures, constructions, collage, montage and masks in this course of exploration. Dress for mess!

Instructor: Staff
Fee: \$25 Resident
\$30 Non-Resident
Fee includes supplies

Ages: 6-10

Heritage
#3150.301 Mon 4:00 - 4:50 pm

Summer Classes



creative classes

Culinary Kids: Breakfast

During this class students make scrumptious breakfast treats like homemade pancakes, waffles, French toast, muffins, and more. They will learn terminology, skills, meal planning, and serving. A material fee of \$25 will be collected the first day of class.

Instructor: Creative Kidz

Fee: \$55 Resident
\$68 Non-Resident

Ages: 5-12

#3240.352 **Monteville**
Sat 8:00 - 10:00 am

Culinary Kids: Desserts

Students learn how to create treats, decorate cakes, and make pies. They will learn baking techniques using traditional material. They will all also receive a basic cake decorating kit. A material fee of \$30 will be collected the first day of class.

Instructor: Creative Kidz

Fee: \$55 Resident
\$68 Non-Resident

Ages: 5-12

#3240.351 **Monteville**
Thurs 5:00 - 6:00 pm

Multimedia

Using a digital camera provided by the instructor, students will learn about digital photography, basic multimedia techniques, and videos. They will create a DVD, a photo album, and more. A material fee of \$35 will be collected the first day of class.

Instructor: Creative Kidz

Fee: \$55 Resident
\$68 Non-Resident

Ages: 5-12

#3235.351 **Monteville**
Thurs 3:30 - 4:30 pm

Bling-Beginning Jewelry Making

Use glass, beads, metals, leather, and more to create wearable pieces. The course covers tools, techniques, and much more. A material fee of \$30 will be collected on the first day of class.

Instructor: Creative Kidz
Fee: \$45 Resident
\$55 Non-Resident

Ages: 5-14

#3410.350 **Monteville**
Wed 5:00 - 6:00 pm

Sewing 101

For girls and boys, this class covers basic stitches, fabric, techniques, and terminology. Two sewing pieces will be completed. Students will be provided with a sewing kit. A material fee of \$25 will be collected on the first day of class.

Instructor: Creative Kidz
Fee: \$35 Resident
\$43 Non-Resident

Ages: 5-12

#3230.351 **Monteville**
Sat 10:00 - 10:50 am
July 15 - Aug 5

Sewing 201

This class builds upon Sewing 101. Students will learn about sewing machines, patterns, and more. Participants can choose to complete a whimsical pillow or a handbag. A material fee of \$25 will be collected on the first day of class.

Instructor: Creative Kidz
Fee: \$35 Resident
\$43 Non-Resident

Ages: 5-12

#3230.352 **Monteville**
Sat 10:00 - 10:50 am
Aug 12 - Sept 2

Dog Obedience

Learn basic commands for dogs over 4 months. Owners and leashed dogs will learn basic training commands. Instructor is a member of the Obedience Club

of San Diego County. All dogs must have current shots.

Instructor: J. Hitz
Fee: \$65 Resident
\$80 Non-Resident

Ages: 12 and over

#3600.350 **Monteville**
Wed 7:00 - 8:00 pm

#3600.351 **Monteville**
Sat 3:00 - 4:00 pm

Open Ceramics

You choose and order the pieces you want to work on. We provide paints, firing, and glazing. This is not a learning class! Ceramic Pieces start at \$6. Under age 5 will need an adult supervisor.

Instructor: Creative Kidz
Fee: \$20 Resident
\$24 Non-Resident

Ages: All ages

#3100.352 **Monteville**
Fri 6:30 - 8:30 pm

Passion For Fashion

Learn about the world of fashion. Talk with guest speakers about the fashion industry and career opportunities. Learn how to look your best. This class will end with a fashion show!

Instructor: University of Creativity
Fee: \$40 Resident
\$49 Non-Resident

Ages: 8-16

#3210.350 **Monteville**
Wed 3:30 - 4:30 pm

Drawing Animals A to Z

From birds to dinosaurs and fish to zebras, the drawing fun starts with pencils and continues with crayon paint, pastels, and more. A \$10 material fee is due to the instructor on the first day.

Instructor: T. Mill
Fee: \$55 Resident
\$68 Non-Resident

Ages: 6-12

#3150.350 **Monteville**
Tues 3:30 - 4:20 pm



Classes are from July 10 - September 3
(8 weeks unless otherwise noted)

Mask and More

Children will make masks, puppets, small sculptures, and other toys using a variety of different materials including clay, paper, wire, styrofoam, wood, paint, and glitter. A \$10 material fee is due to the instructor on the first day.

Instructor: T. Mill
Fee: \$55 Resident
\$68 Non-Resident

Ages: 7-12

Monteville
#3151.350 Tues 4:35 - 5:45 pm

Ole, Ole Spanish Class

Learn basic communication skills using games, activities, drama, art, and song. A \$25 materials fee is to be paid to the instructor at the first class.

Instructor: C. Vera
Fee: \$85 Resident
\$105 Non-Resident

Ages: 3-5

Veterans
#3090.311 Fri 2:30 - 3:30 pm

Ages: 5-8

Veterans
#3090.312 Fri 4:00 - 5:00 pm

Painting a Mural

This introductory course will teach you to paint in a large scale. Learn techniques to prepare, paint, and seal a mural in your living room, bedroom, or backyard - on walls, canvas, or wood.

Instructor: O. Alvarado
Fee: \$35 Resident
\$43 Non-Resident

Ages: 18 and over

Veterans
#3080.311 Aug 12, 19 10:00 am - 12:00 pm

Adult Watercolor

Beginning and intermediate students. Basic supplies can be purchased in class or can be brought in from home. Class begins on June 29. **Free**

Instructor: J. Helton

Ages: Adults

Veterans
Thurs 9:00 - 11:30 am

fitness classes

Aerobic Combo

Combine, kickboxing, high and low-impact aerobics, and/or body sculpting into one total body workout. Learn how to properly use equipment while performing each exercise in order to achieve individualized training and motivation.

Instructor: P. Payne
Fee: \$30 for 5 weeks
or \$5 daily Resident
\$37 for 5 weeks
or \$7 daily Non-Resident

Ages: Adults

Heritage
#4100.301 Mon, Wed 7:00 - 7:45 pm

Heritage
#4100.302 Tues, Thurs 9:00 - 9:45 am

Parkway Strength Training Step Aerobics

This is a unique opportunity to blend an all-over body shaping and strengthening workout using weights, yoga and body building techniques. Step aerobics are added for a low impact cardiovascular workout. You will also get the attention and expertise of a personal trainer.

Instructor: N. Kelsey
Fee: \$25/month or \$5/Daily Resident
\$30/month or \$7 daily Non-Resident

Ages: Adults

Parkway
#4320.263 June, M, Th 5:00 - 6:30 pm
#4320.361 July, M, Th 5:00 - 6:30 pm
#4320.362 Aug, M, Th 5:00 - 6:30 pm
#4320.363 Sept, M, Th 5:00 - 6:30 pm

Lunch Hour Yoga

Yoga builds a strong foundation for self-assurance, and clear thinking. Develop deep breathing, increased flexibility, and good health through easy and pleasurable movements.

Instructor: Y. Rodriguez
Fee: \$42/month or \$5/Daily Resident
\$52/month or \$7 daily Non-Resident

Ages: Adults

Parkway
#4112.263 June, M, W, Th 12:00 - 12:50 pm
#4112.361 July, M, W, Th 12:00 - 12:50 pm
#4112.362 Aug, M, W, Th 12:00 - 12:50 pm
#4112.363 Sept, M, W, Th 12:00 - 12:50 pm

Beginning Yoga

Yoga builds a strong foundation for self-assurance, and clear thinking. Develop deep breathing, increased flexibility, and good health through easy and pleasurable movements.

Instructor: Y. Rodriguez
Fee: \$25 Resident
\$30 Non-Resident

Ages: Adults

8 weeks beginning July 10
Salt Creek
#4112.332 Mon 6:30 - 7:20 pm
Salt Creek
#4112.334 Wed 6:30 - 7:20 pm
Monteville
#4010.350 Sat 9:00 - 10:00 am

Cardio Ab Workout

This low impact cardiovascular workout combines traditional martial arts movements with full body stretching with emphasis on upper and lower abdominals. Participants need to bring a towel or mat.

Instructor: J. Hickman
Fee: \$38 Resident
\$47 Non-Resident

Ages: Adults

Chula Vista Woman's club
#4260.363 Tues 6:00 - 6:50 pm

Summer classes



fitness classes

Yoga

Lengthen and tone your muscles with this classical-style matwork class. Students will tone their abdominals, sculpt long, lean muscles, and improve overall flexibility with this special combination of controlled movements.

Instructor: L. Bernick

Fee: \$35/Month or \$5/Class Resident
\$43/Month or \$7/Class Non-Resident

Ages: Adults

Heritage

Tues, Thurs 1:00 - 2:00 pm

#4322.301 June #4322.302 July

#4312.303 August

Pilates

Burn fat, tone muscles, and increase your flexibility while doing flowing poses and stretching exercises. You will leave feeling peaceful, open, and centered. Learn to breathe properly, improve overall health and posture, and decrease stress.

Instructor: L. Bernick

Fee: \$25/Month or \$5/Class Resident
\$30/Month or \$7/Class Non-Resident

Ages: Adults

Heritage

Mon, Wed 9:30 - 10:15 am

#4323.301 June #4323.302 July

#4323.303 August

Full Body Stretch and Conditioning (Pilates)

Classes meet on a monthly basis.
Classes begin August 5.

Instructor: F. Alvarez

Ages: 16 and over

Fee: \$40/Month or \$7/Class Resident
\$50/Month or \$9/Class Non-Resident

#4335.331 **Salt Creek**
Mon, Wed 8:00 - 9:50 am

Fee: \$25/Month or \$7/Class Resident
\$31/Month or \$9/Class Non-Resident

#4335.334 **Salt Creek**
Wed 7:30 - 8:20 pm

Fee: \$25/Month or \$7/Class Resident
\$31/Month or \$9/Class Non-Resident

#4335.337 **Salt Creek**
Sat 8:00 - 8:50 am

Adult Boot Camp

A little less intimidating, but equally as challenging as The Real Thing, this Boot Camp is meant more for fun and fitness than bullying and belittling. Cardio activities include jumping rope, stepping, and hill climbing. Each participant will receive an individualized personal fitness plan. Get in shape this summer with a professional personal trainer!

Instructor: D. Ramirez
Certified ACE Trainer

Fee: \$128 Resident
\$160 Non-Resident

Ages: Adults

Spring Session 2

Memorial Park

#4145.283 M, W 5:30 - 6:30 pm
June 19 - Aug 10, 8 weeks

Summer Session

Memorial Park

#4145.385 M, W 5:30 - 6:30 pm
Aug 14 - Oct 2, 8 weeks

Afterschool Field Hockey

Join this youth development after school field hockey program. Please bring a mouthguard; all other equipment will be supplied. Students will learn the fundamentals, skills, and techniques of field hockey in a fun and enriching environment. Class is eight weeks.

Instructor: M. Sandoval
Fee: \$48 Resident
\$59 Non-Resident

Ages: 8-14

Voyager Park

#4285.383 Tues 3:00 - 4:00 pm

Heritage Park

#4285.301 Wed 3:30 - 4:30 pm

Table Tennis / Ping Pong

Table tennis, commonly known as ping-pong, has developed into a world-class sport and is a fun way to develop hand-eye coordination. This particular course is for recreation level beginners and will focus on grip, strokes, footwork and skill development. 5-week sessions.

Instructor: B. Reed
National Table Tennis Coach

Fee: \$25 Resident
\$30 Non-Resident

Ages: 8-14

Session 1

#4147.386 **Chula Vista Youth Center**
Tues 3:30 - 4:30 pm
July 11 - Aug 1

Session 2

#4147.388 **Chula Vista Youth Center**
Tues 3:30 - 4:30 pm
Aug 8-29

Beginning Golf

These introductory classes teach the basic fundamentals of the golf swing and skills required on the putting green. It is recommended that participants provide their own golf clubs but it is not required.

Instructor: B. Rice
Fee: \$155 Resident
\$195 Non-Resident

Ages: 4-11

Salt Creek

#4015.333 Tues 3:30 - 4:20 pm

Ages: 12-17

Salt Creek

#4030.333 Tues 4:30 - 5:20 pm

Basketball 101

These introductory classes are like mini camps. Staff will teach the basics of basketball and encourage good sportsmanship, while everyone has fun. This class will give participants a good jump towards advancement towards organized team basketball.

Instructor: Staff
Fee: \$32 Resident
\$40 Non-Resident

Ages: 8-10

Parkway

#4318.361 Thurs 4:00 - 5:00 pm

Monteville

#4318.350 Wed 3:30 - 4:20 pm

Chula Vista Youth Center

#4318.381 Fri 3:30 - 4:20 pm

Ages: 10-14

Monteville

#4318.351 Wed 4:30 - 5:20 pm

Chula Vista Youth Center

#4318.382 Fri 4:30 - 5:20 pm



Classes are from July 10 - September 3
(8 weeks unless otherwise noted)

Archery

Take aim and learn the family-friendly sport of archery. An instructor certified by the National Archery Association provides basic instruction. Equipment is provided. Eight-week course July 15 - Sept 2. Paseo Del Rey Park, 750 Paseo Del Rey.

Instructor: T. Robey
Fee: \$40 Resident
\$49 Non-Resident

Ages: 8-17, Beginning

Paseo Del Rey Park
#4230.381 Sat 9:00 - 9:50 am

Ages: 8-17, Intermediate

Paseo Del Rey Park
#4235.381* Sat 10:00 - 10:50 am

Ages: 8-17, Advanced

Paseo Del Rey Park
#4240.382* Sat 11:00 - 11:50 am

*Prerequisite: Successful completion of beginning course and instructor approval.

Table Tennis / Ping Pong

Parents must register and accompany child if child is under 8 years of age.

Fee: \$32 Resident
\$40 Non-Resident

Summer Session

Salt Creek
#4147.334 Wed 4:00 - 4:50 pm
July 19 - Aug 30

Salt Creek
#4147.335 Wed 5:00 - 5:50 pm
July 19 - Aug 30

Fee: \$32 Resident
\$40 Non-Resident

Ages: Seniors Summer Session

Salt Creek
#4157.336 Wed 1:30 - 3:00 pm
July 19 - Aug 30

Parkway Morning Aerobics Combo

Want a great workout? Then join the cardio kickboxing/high-low impact aerobics classes. All levels are welcome. Burn fat, get fit and feel great. And parents, you

can enroll your kids in the tiny tots classes and get a workout at the same time.

Instructor: L. Landry
Fee: \$25/month or \$5/day Resident
\$30/month or \$7/day Non-Resident

Ages: Adults

Parkway
M, W, F 9:00 - 10:30 am

Monthly Registration:

#4319.263 June
#4319.361 July
#4319.362 Aug
#4319.363 Sept

Taekwondo

Instructor: S. Juare
Fee: \$30/Month Resident
\$36/Month Non-Resident

Ages: 7 - Adult

Chula Vista Youth Center
Mon, Wed 4:30 - 6:00 pm
#4381.284 June #4381.380 July
#4381.382 Aug #4381.384 Sept

Recreational Karate

Expose yourself to the sport of karate through recreational classes taught by instructors from local martial arts studios. Formal belt testing is conducted by individual studios under guidelines set up by the karate federation affiliated with that particular studio. The Recreation Department does not endorse outside studios and does not handle arrangements for lessons with individual studios. Any additional fees associated with this program (uniform, federation fees, testing) are administered through the class instructor. Instructor's approval is required for all intermediate and advanced classes.

Chula Vista Karate Club

Instructor: J. Hickman
Fee: \$26 Resident
\$32 Non-Resident

Ages: 5-11, Beginning

Chula Vista Woman's Club
#4310.361 Tues 4:00 - 4:50 pm

Ages: 5 and over, Intermediate

Chula Vista Woman's Club
#4315.361 Tues 5:00 - 5:50 pm

Shito-Ryu Karate

Through a variety of fun and creative activities, young children will develop coordination, strength and personal safety in a well-supervised setting. Give your child the lead he/she needs in developing memory and agility skills necessary to be successful in school and other sports.

Instructor: J. Martinez
Fee: \$60 Resident
\$74 Non-Resident

Ages: 5 and over

Heritage
#4330.301 Tues, Thurs 4:00 - 4:50 pm
Monteville
#4330.350 Thurs 3:00 - 3:50 pm
Sat 9:30 - 10:20 am
Salt Creek
#4330.330 Wed 4:30 - 5:20 pm
Salt Creek
#4330.334 Wed 5:30 - 6:20 pm
Salt Creek
#4330.337 Sat 9:30 - 10:20 am

Tang Soo Doo

Instructor: G. Amen
Fee: \$60 Resident
\$74 Non-Resident

Ages: 6 and over

Veterans (10 weeks)
#4350.311 Mon, Thurs 5:15 - 6:15 pm
Sat 9:45 - 10:45 am

High Performance Tennis Team

This class is for kids who want to develop their tennis skills to play at tournament level. Emphasis is on appropriate grips, footwork, and simple tactics. Students start to play novice then satellite tournaments.

Instructor: J. Villanueva
Fee: \$95 Resident
\$120 Non-Resident

Ages: 8-16

Salt Creek
#4590.330 Mon 6:00 - 7:00 pm
Monteville
#4590.350 Tues 6:00 - 7:00 pm

Summer classes



fitness classes

After School Tennis Lessons

These classes are offered after school time and they are meant for the beginner tennis player. Sessions are five weeks and a tennis racquet is required to participate. A maximum of 10 participants are allowed in the program. All classes meet for five weeks one day a week and have the same fee.

Tennis Pro: R. Miller
Fee: \$30 Resident
\$37 Non-Resident

Ages: Grades 1-3

Session 1A Terra Nova Park
#5578.381 Mon 3:30 - 4:20 pm
Aug 14 - Sept 11

Session 1B Montevalle
#4578.350 Wed 3:30 - 4:20 pm
Aug 16 - Sept 13

Session 1C Terra Nova Park
#5578.383 Mon 3:30 - 4:20 pm
Oct 16 - Nov 13

Session 1D Montevalle
#4578.352 Wed 3:30 - 4:20 pm
Oct 18 - Nov 15

Ages: Grades 4-6

Session 2A Terra Nova Park
#5578.385 Tues 3:30 - 4:20 pm
Aug 15 - Sept 12

Session 2B Montevalle
#4578.351 Thurs 3:30 - 4:20 pm
Aug 17 - Sept 14

Session 2C Terra Nova Park
#5578.387 Tues 3:30 - 4:20 pm
Oct 17 - Nov 14

Session 2D Montevalle
#4578.353 Thurs 3:30 - 4:20 pm
Oct 19 - Nov 16

Ages: Grades 7-8

Session 3A Montevalle
#4579.350 Wed 4:30 - 5:20 pm
Aug 16 - Sept 13

Session 3B Montevalle
#4579.351 Thurs 4:30 - 5:20 pm
Aug 17 - Sept 14

Session 3C Montevalle
#4579.352 Wed 4:30 - 5:20 pm
Oct 18 - Nov 15

Session 3D Montevalle
#4579.353 Thurs 4:30 - 5:20 pm
Oct 19 - Nov 16

Group Tennis Lessons

Maximum of four students per group. Students must bring their own tennis racquet. These lessons are meant for the beginner and intermediate levels. Each session is for five weeks.

Tennis Pro: R. Miller
Fee: \$60 Resident
\$74 Non-Resident

Ages: Grades 1-3

Session 4A Montevalle
#4580.350 Wed 4:30 - 5:20 pm
July 12 - Aug 9

Session 4B Montevalle
#4580.351 Thurs 4:30 - 5:20 pm
July 13 - Aug 10

Session 4C Terra Nova Park
#5563.381 Mon 4:30 - 5:20 pm
Aug 14 - Sept 11

Session 4D Montevalle
#4580.354 Wed 5:30 - 6:20 pm
Aug 16 - Sept 13

Session 4E Terra Nova Park
#5563.383 Mon 4:30 - 5:20 pm
Oct 16 - Nov 13

Session 4F Montevalle
#4580.355 Wed 5:30 - 6:20 pm
Oct 18 - Nov 15

Ages: Grades 4-6

Session 5A Montevalle
#4580.352 Wed 5:30 - 6:20 pm
July 12 - Aug 9

Session 5B Montevalle
#4580.353 Thurs 5:30 - 6:20 pm
July 13 - Aug 10

Session 5C Terra Nova Park
#5563.385 Tues 4:30 - 5:20 pm
Aug 15 - Sept 12

Session 5D Montevalle
#4580.356 Thurs 5:30 - 6:20 pm
Aug 17 - Sept 14

Session 5E Terra Nova Park
#5563.387 Tues 4:30 - 5:20 pm
Oct 17 - Nov 14

Session 5F Montevalle
#4580.357 Thurs 5:30 - 6:20 pm
Oct 19 - Nov 16

Adult Tennis Lessons

Info: (619) 691-5269

Tennis Pro: J. Villanueva
Fee: \$95 Resident
\$118 Non-Resident

Ages: 18 and over

Montevalle
#4565.350 Tues 7:00 - 8:00 pm
July 11 - Aug 29

Tennis Pro: R. Thomas
Montevalle
#4565.351 Thurs 6:45 - 7:45 pm
July 13 - Aug 31

Montevalle
#4565.352 Sat 9:30 - 10:30 am
July 15 - Sept 2

Montevalle
#4565.353 Sat 10:30 - 11:30 am
July 15 - Sept 2

Adult Beginning Tennis

Info: (619) 585-5739

Tennis Pro: J. Villanueva
Fee: \$96 Resident
\$120 Non-Resident

Ages: 18 and over

Salt Creek
#5569.333 Tues 9:00 - 9:50 am
July 11 - Aug 29

Karate-Do

Instructor: S. Ingalls
Fee: \$26 Resident
\$31 Non-Resident

Ages: 5-11, Beginning

Chula Vista Youth Center
#4320.381 Thurs 5:30 - 6:20 pm

Loma Verde
#4320.322 Tues 5:00 - 5:50 pm

Salt Creek
#4320.333 Tues 4:00 - 4:50 pm

Salt Creek
#4320.335 Thurs 5:00 - 5:50 pm

Ages: 12 and over, Beginning/Intermediate

Chula Vista Youth Center
#4325.383 Thurs 6:30 - 7:20 pm

Loma Verde
#4325.324 Tues 6:00 - 6:50 pm



Classes are from July 10 - September 3
(8 weeks unless otherwise noted)

Shito-Ryo Adult Karate

Karate is a great way to stay in shape, relieve stress and give you confidence. Learn self-defense skills while having fun.

Instructor: J. Martinez
Fee: \$40 Resident
\$49 Non-Resident

Ages: 16 and over

Monteville

#4430.350 Thurs 7:00 - 7:50 pm

Karate 101

Instructor: G. Amen
Fee: \$31 Resident
\$38 Non-Resident

Ages: 6 and over

Otay

#4350.341 Tues 6:00 - 7:00 pm

Loma Verde

#4320.321 Wed 5:00 - 6:00 pm

Recreational Tae Kwon Do

Learn the fundamentals of Tae Kwon Do through choreographed sequence of combative and defense movements, controlled sparring, as well as, punching and kicking techniques. Students will also receive instruction in principals such as courtesy, integrity, perseverance, self-control, indomitable spirit. 5-week session.

Instructor: P. Payne
Fee: \$26 Resident
\$30 Non-Resident

Heritage

#4830.301 Wed 6:00 - 6:50 pm

Instructor: D. Russell
Fee: \$26 Resident
\$32 Non-Resident

Ages: 5 and over

Veterans (10 weeks)

#4831.311 Wed, Fri 6:30 - 7:30 pm
Sat 1:00 - 2:00 pm

Salt Creek Fitness Center

The fitness center offers an array of Nautilus equipment and free weights. Fitness specialists are available to help you with your workouts. Participation is by membership only. Fitness center hours Monday through Saturday, 8 am to 9:45 pm and Sunday, 12 - 4:45 pm.

Fee: \$25 Resident
\$50 Non-Resident

Judo

The ancient martial art of judo provides personal development through precise physical movements and a disciplined attitude. Develop self-defense techniques and strive to perfect individual character. Additional fees are associated with this program include uniform and federation fees.

Instructor: M. Ozaki and Staff
Fee: \$25 Resident
\$30 Non-Resident

**Ages: 5 - Adult
Beginning**

Chula Vista Youth Center

#4360.381 Tues 7:00 - 7:50 pm

Chula Vista Youth Center

#4360.382 Thurs 7:00 - 7:50 pm

Salt Creek

#4360.334 Wed 7:00 - 7:50 pm

Advanced

Chula Vista Youth Center

#4365.381 Tues 8:00 - 8:50 pm

Chula Vista Youth Center

#4365.382 Thurs 8:00 - 8:50 pm

Salt Creek

#4365.334 Wed 8:00 - 8:50 pm

Realstic Self-Defense Training

Don't be a victim! Learn self-defense, hand-to-hand combat, defense against multiple attackers, and awareness training. This class is designed to help avoid a bad situation and build self-confidence in a combination of exercise and fun.

Instructor: Master G. Amen, E. Sanz
Fee: \$30 Resident
\$38 Non-Resident

**Ages: 13 and over
Beginning**

Monteville

#4340.350 Wed 6:30 - 7:30 pm

Veterans

#4320.311 Mon 6:30 - 7:30 pm

Cardio-Kickboxing

Kick it into high gear. You'll get into shape using non-contact skills and drills. You'll learn body position, footwork, punching techniques and basic kick boxing fundamentals. And you'll work on

conditioning plus building cardio-vascular and muscle strength.

Instructor: G. Amen, E. Sanz
Fee: \$22/Month Resident
\$27/Month Non-Resident

Ages: Adults

Veterans July

#4680.311 Thurs 6:30 - 7:30 pm
Sat 8:30 - 9:30 am

Veterans Aug

#4680.312 Thurs 6:30 - 7:30 pm
Sat 8:30 - 9:30 am

Veterans Sept

#4680.313 Thurs 6:30 - 7:30 pm
Sat 8:30 - 9:30 am

Otay Fitness Center

The Otay Fitness Center offers a variety of state-of-the-art equipment to meet specific fitness goals. Registration for the classes below will only be accepted at the Otay Recreation Center.

Quarterly Memberships:

1. Jan 1 - Mar. 31
2. April 1 - June 30
3. July 1 - Sept. 30
4. Oct 1 - Dec. 31

Adult Fitness Membership. Unlimited use of the Fitness Center during operational hours (see page 3.)

Fee: \$25 Resident
\$50 Non-Resident

Ages: 15 and over

#4620.345 Otay

Youth/Teen Fitness

The main goal of this 8-week program is to give youth of all fitness levels the benefits of physical fitness. Participants will develop confidence, self-esteem, social skills, athletic skills and improve overall health. Includes limited use of Fitness Center.

Fee: \$15 Resident
\$18 Non-Resident

Ages: 10-17

Otay

#4620.341 Mon, Wed 4:00 - 5:00 pm

Summer classes



fitness classes

Morning Circuit

Designed for beginners, this 12-week, 3-step progression of workout routines will build your fitness capacity as well as your cardiovascular and muscle strength. Includes body fat analysis, measurements, and a before and after photo. Work in a group for motivation and support. Fee includes Fitness Center Membership.

Fee: \$42 Resident
\$52 Non-Resident

Ages: 16 and over
Otay

#4620.348 M, W, F 9:30 - 11:00 am

Lacrosse 101

This introductory class will teach the basics of the up-and-coming sport of lacrosse. Participants will have fun while learning about good sportsmanship.

Instructor: Staff
Fee: \$40 Resident
\$50 Non-Resident

Ages: 9-12

Montevalle
#4317.350 Wed 3:30 - 4:20 pm

Rockin' Sports

Students will learn the basics of a variety of sports. Emphasis is on fun and learning about good sportsmanship.

Instructor: Staff
Fee: \$35 Resident
\$44 Non-Resident

Ages: 6-8

Montevalle
#4316.350 Mon 3:30 - 4:20 pm

Abs, Thighs, and Buns

This class hits that hard to tone trouble zone with a progressive targeted system of exercises that will give your body the workout it needs.

Instructor: T. Beyers
Fee: \$29 Resident
\$35 Non-Resident

Ages: 14-Adult

Montevalle
#4112.350 Tues 7:30 - 8:30 pm

Rhythmic Gymnastics

This introduction to Rhythmic Gymnastics teaches body alignment, coordination, rhythm, grace and elegance, creativity, musicality and self-expression. Classes include elementary choreography, dancing with ball and ribbon, stretching and musical accomplishment.* The instructor is a former Russian Olympic coach and rhythmic gymnast. She is also a professional member of USA Gymnastics and a graduate of the USA Gymnastics National Safety Certification Program.

*Class content is changed each session. Clothing Requirement: Black leotard and black pants (jazz pants or any lycra pants) and ballet shoes.

Instructor: A. Zubkis
Fee: \$69 Resident
\$86 Non-Resident

Girls/Women
Ages: 5-6

Loma Verde
#6140.321 Mon 4:00 - 4:50 pm

Veterans
#6140.311 Fri 4:00 - 4:50 pm

Ages: 6-8

Salt Creek
#6140.330 Wed 4:00 - 5:00 pm

Ages: 7-8

Loma Verde
#6240.321 Mon 5:00 - 5:50 pm

Veterans
#6240.311 Fri 5:00 - 5:50 pm

Ages: 8-Adult

Loma Verde
#6340.321 Mon 6:00 - 6:50 pm

Veterans
#6340.311 Fri 6:00 - 6:50 pm

Ages: 9 and over

Salt Creek
#6140.334 Wed 5:00 - 6:00 pm

Cardio Salsa

This cardio class utilizes salsa, Meringue, Cha Cha, and more to give you a great workout while learning Latin dance moves.

Instructor: T. Beyers
Fee: \$29 Resident
\$35 Non-Resident

Ages: 14-Adult

Montevalle
#4111.350 Tues 6:30 - 7:30 pm

Full Body Strength and Conditioning

This fusion of body conditioning with pilates will improve your flexibility, agility, and posture while toning your abs and thighs. Mat required.

Instructor: F. Alvarez

Fee: \$40/Month or \$7/Class Resident
\$49/Month or \$9/Class Non-Resident

Ages: 16 and over

Montevalle
#4101.350 Tues, Thurs 8:00 - 9:00 am
Classes start Aug 8

Montevalle
#4101.351 Tues, Thurs 8:00 - 9:00 am
Classes start Sept 5

Montevalle
#4102.350 Tues, Thurs 8:00 - 9:00 pm
Classes start Aug 8

Montevalle
#4102.351 Tues, Thurs 8:00 - 9:00 pm
Classes start Sept 5

Step and Sculpt

This fun and energetic class combines easy to follow step aerobics with strength conditioning using resistance bands. Perfect to slim and tone all over! Appropriate for all levels.

Instructor: L. Bernick

Fee: \$20/Month or \$5/Class Resident
\$24/Month or \$7/Class Non-Resident

Ages: 16 and over

Montevalle
Tues 8:15 - 9:00 am
#4310.350 July **#4310.351** Aug

#4310.352 Sept

Salt Creek
Mon, Wed 1:15 - 2:00 pm
#4311.332 July **#4311.333** Aug

#4311.334 Sept

Dyno-Might

Run, hop, skip, jump, kick and shoot your way into an introduction of new and exciting games from "Around the World."

Fee: \$25 Resident
\$31 Non-Resident

Ages: 6-10

Salt Creek
#4622.333 Tues 5:00 - 5:50 pm



Classes are from July 10 - September 3
(8 weeks unless otherwise noted)

Cardio Kickboxing

Aerobic kickboxing is combined with basic bootcamp-style drills to create a class that will leave you feeling empowered. Slim down and tone your entire body. Appropriate for all levels.

Instructor: L. Bernick

Fee: \$20/Month or \$5/Class Resident
\$24/Month or \$7/Class Non-Resident

Ages: 16 and over

Montevale

Wed	10:30 - 11:15 am
#4311.350 July	#4311.351 Aug
#4311.352 Sept	

Hard-Core Abs

This fun and challenging class is exactly what you need to whip your mid-section into gear for summer! Learn dynamic and innovative ways to flatten and tone your stomach. Appropriate for all levels.

Instructor: L. Bernick

Fee: \$20/Month or \$5/Class Resident
\$24/Month or \$7/Class Non-Resident

Ages: 16 and over

Montevale

Wed	11:15 - 11:45 am
#4312.350 July	#4312.351 Aug
#4312.352 Sept	

Just Playin' Fun

Explore the excitement of exercise through play with a broad introduction to indoor and outdoor cooperative games. All games are staff directed and facilitate positive social development.

Fee: \$25 Resident
\$31 Non-Resident

Ages: 10-14

Salt Creek

#4620.333 Tues 4:00 - 4:50 pm

summer camps

There will be no camp Tuesday, July 4.

Basketball Camp

Open to boys & girls entering grades 3-9.
Parkway Gym or Salt Creek (619) 691-5084.

Fee: \$40 Resident
\$50 Non-Resident

Session 1: June 26-30 Parkway
#8301.301 9:00 am - 12:00 pm

Session 2: July 10-14 Salt Creek
#8301.302 9:00 am - 12:00 pm

Session 3: July 17-21 Parkway
#8301.303 9:00 am - 12:00 pm

Session 4: Aug 7-11 Salt Creek
#8301.304 9:00 am - 12:00 pm

Soccer Camp

Open to boys & girls entering grades 3-9.
Soccer fields at the Chula Vista Community Center (619) 691-5084.

Fee: \$40 Resident
\$50 Non-Resident

Session 1: June 26-30
#8303.301 9:00 am - 12:00 pm

Session 2: July 24-28
#8303.302 9:00 am - 12:00 pm

Session 3: July 31 - Aug 4
#8303.303 9:00 am - 12:00 pm

Volleyball Camp

Open to boys & girls entering grades 5-12.
Parkway Gym or Salt Creek, (619) 691-5084.

Fee: \$40 Resident
\$50 Non-Resident

Session 1: July 3-7 Salt Creek
#8304.301 9:00 am - 12:00 pm

Session 2: July 10-14 Parkway
#8304.302 9:00 am - 12:00 pm

Session 3: July 24-28 Parkway
#8304.303 9:00 am - 12:00 pm

Session 4: July 31-Aug 4 Parkway
#8304.304 9:00 am - 12:00 pm

Baseball/Softball Camp

Open to boys & girls entering grades 3-9.
Softball fields at the Chula Vista Community Center (619) 691-5084.

Fee: \$40 Resident
\$50 Non-Resident

Session 1: July 10-14
#8302.301 9:00 am - 12:00 pm

Session 2: July 17-21
#8302.302 9:00 am - 12:00 pm

Session 3: Aug 7-11
#8303.303 9:00 am - 12:00 pm

Lacrosse Camp

Open to boys & girls entering grades 3-8.
Soccer fields at the Chula Vista Community Center (619) 691-5084.

Fee: \$40 Resident
\$50 Non-Resident

Session 1: July 10-14
#8306.301 9:00 am - 12:00 pm

Session 2: July 24-28
#8306.302 9:00 am - 12:00 pm

Indoor Soccer Camp

Open to boys & girls entering grades 3-9.
Speed Soccer arena at Salt Creek, (619) 691-5084.

Fee: \$40 Resident
\$50 Non-Resident

Session 1: July 3-7
#8307.301 9:00 am - 12:00 pm

Session 2: July 10-14
#8307.302 9:00 am - 12:00 pm

Archery Camp

Campers will earn the fun and growing sport of archery. Equipment and basic instruction will be provided.

Instructor: T. Robey

Fee: \$50 Resident
\$62 Non-Resident

June 19-23 Paseo Del Rey Park
#5548.389 Mon-Fri 9:00 - 11:00 am

Tennis Camp

A tennis racquet, three tennis balls, a snack and water are required for all participants to bring to class.

Tennis Pro: J. Villanueva

Fee: \$110 Resident
\$137 Non-Resident

Ages: 7-15

Session 1: June 19-23 Marisol Park
#5561.381 9:00 am - 12:00 pm

Session 2: June 26-30 Marisol Park
#5561.382 9:00 am - 12:00 pm

Session 3: July 3-7 Salt Creek
#5561.333 9:00 am - 12:00 pm

Session 4: July 10-14 Salt Creek
#5561.334 9:00 am - 12:00 pm